



**TYOLOGY:**

- **CONTEMPORARY & MODERN SOLO:** Individual category: male or female
- **CONTEMPORARY & MODERN COUPLE:** Two (2) dancers: one (1) male and one (1) female
- **CONTEMPORARY & MODERN DUO:** Two (2) dancers: both males or both females
- **CONTEMPORARY & MODERN SMALL GROUP:** Between three (3) and seven (7) dancers
- **CONTEMPORARY & MODERN FORMATION:** Between eight (8) and twenty-four (24) dancers
- **CONTEMPORARY & MODERN PRODUCTION:** More than twenty-four (24) dancers

## COMMON RULES

- For all the situations not mentioned in these regulations, decisions will be made by the RESTRICTED TECHNICAL COMMITTEE and the IDF GENERAL SECRETARY.
- Dancer's age is considered with referral to the calendar year (January 1<sup>st</sup> - December 31<sup>th</sup>). Dancers who participate in Ranking Competitions that start in October will be considered with referral to the following calendar year (which means one (1) year older).
- Age categories are divided as follows:
  - ✓ **MINI:** All dancers from the age of six (6) to the age of nine (9) (Solo – Duo – Couple – Small Group – Formation - Production).
  - ✓ **YOUTH:** All dancers from the age of ten (10) to the age of thirteen (13) (Solo – Duo – Couple – Small Group – Formation - Production).
  - ✓ **JUNIOR:** All dancers from the age of fourteen (14) to the age of sixteen (16) (Solo – Duo – Couple – Small Group – Formation - Production).
  - ✓ **ADULT:** All dancers from the age of seventeen (17) (Solo – Duo – Couple – Small Group – Formation - Production).
- Having reached the age limit for each category dancers pass to the older category automatically.
- Dancers use their own music piece which must be in accordance with the following requirements:
  - ✓ Music duration and pace limits in line with rules for each category;
  - ✓ Visibly exposing dancers' / group: Start Number, Nationality, Name of a Club/School, Title of the Presentation, Duration, Name and Surname, Discipline as well as Age and Dance Category.
- Dancers / Groups who fail to respect the rules will be subject to the following penalties:
  - ✓ **Dancers/groups performing without a start number**
  - ✓ **Dancer's fall**  
Will be given five (5) points penalty.
  - ✓ **Any competitor/group whose music duration is over/under the permitted time limit**  
Will be given ten (10) points penalty.
- Dancers/groups who commit the following:
  - ✓ **Use set (stage decorations), backgrounds are prohibited.**
  - ✓ **Use accessories and/or props are prohibited**
  - ✓ **Execute acrobatic and gymnastic elements where dancer/s lose the contact with the dancefloor.**
  - ✓ **Gymnastic lines are not allowed (multiple gymnastic moves, travelling from corner to corner also with acrobatic elements that are permitted).**
  - ✓ **Fail to appear on stage after being called for the third time**
- Will be given 'the last place' classification penalty.
- The choreographed piece may be composed only and exclusively of the following genres:

### CONTEMPORARY

- ✓ **Contemporary dance** is a concept of dance based on the idea of ballet but created as an opposite direction to classical ballet, devoid of its rigid rules (classic performances, costumes and footwear)
- ✓ **Contemporary (postmodern) dance** became widespread in the early 1960s. The dance choreography was inspired by the ideas of postmodernism and sought to reject the choreography of modern dance, which, according to postmodernists, seemed too pretentious.
- The dance form of Contemporary encourages the use of completely ordinary and everyday movements. An idea and concept plus the emphasis on using movement to express dancer's emotions or convey a story are crucial parts of choreography. It is assumed that absolutely all human movements are an expression of the dance and any part of dancer's body can be the centre of the movement.
- Contemporary dance is based on four main elements of dance: space, time, lines and curves.

➤ The characteristics of contemporary dance are:

- ✓ Floorwork
- ✓ Fall and recovery
- ✓ Tension and relaxation
- ✓ Contract and release of the body
- ✓ Changes in rhythm
- ✓ Improvisation
- ✓ Balance and off-balance
- ✓ Space and articulation
- ✓ Spiral
- ✓ Swing
- ✓ Communication and expression

➤ When choreographing a contemporary piece for the IDF competition dancers should use techniques and artistic ideas based on the following:

- ✓ Alexander technique
- ✓ Feldenkrais technique
- ✓ Pina Bausch
- ✓ William Forsyth
- ✓ Tricia Brown
- ✓ Ivon Rainer
- ✓ Steve Paxton
- ✓ Tatsumi Hijikata
- ✓ David Zambrano
- ✓ Contact improvisation techniques
- ✓ Release-techniques
- ✓ Flying-low techniques
- ✓ Other contemporary dance artists and choreographers

➤ **Modern Dance** is the genre of dance art that arose in Germany and America in the late 19th - early 20th centuries, as a rejection of the canons of classical ballet, the embodiment of new themes and plots with original dance-plastic means. The body moves with free interpretations originating from the inner emotions of the dancer. Modern dance is a genre of contrasts and thus offers an incredibly wide range of means of expression. It is a combination of rising and falling, dynamics and lyric, expression and silence.

➤ The characteristics of modern dance are:

- ✓ Floor elements
- ✓ Organic movements
- ✓ Dynamics
- ✓ Body Control
- ✓ Techniques of classical dance
- ✓ Creative skills

➤ When choreographing a modern piece for the IDF competition dancers should use techniques and artistic ideas based on the following:

- ✓ Ruth Saint-Dani, Ted Shawn
- ✓ Martha Graham
- ✓ Doris Humphrey
- ✓ Charles Weidman
- ✓ Jose Limon
- ✓ Lester Horton
- ✓ Kurt Yoss
- ✓ Mary Wigman
- ✓ Hania Holm
- ✓ Merce Cunningham
- ✓ Other modern dance artists and choreographers

- Dance Show Contemporary and Modern Dance choreography can be based on a chosen technique in its pure form as well as a combination of two or more of the techniques listed above.

#### ➤ **Music**

- ✓ Accompaniment may include music, music and vocal, vocal only, moment of silence, a variety of sounds as well as human speech.
- ✓ The music choice can also be without music but the beginning and ending of performance must be marked with clear sound (beep).
- ✓ Musical choice should be an internal ingredient of the dance, a creative experiment that creates the atmosphere, helps express the story or dancer's emotions and sustain the energy of the dance.

#### ➤ **Props and Backgrounds**

- ✓ Backgrounds are not allowed
- ✓ Use of accessories and props, also if are a part of dancer's costume, is not allowed

#### ➤ **Acrobatics and Lifts**

- ✓ Dancers are not allowed to execute any acrobatic elements. This includes elements executed in the air with horizontal, sagittal and/or longitudinal rotation. The elements that are not considered acrobatic and therefore permitted are all elements/variations where a part of the body always remains in contact with the floor, without flight phase. Any irregularity in this respect will result in the dancer being classified in the last place.
- ✓ Contemporary and modern routine should not look like an acrobatic dance routine. Dance movements, technique and the way of expressing emotions through the music are the real sense of contemporary dance.
- ✓ Lifts are allowed in all age divisions but in Mini category dancers are not allowed to execute lifts and supports where the center of body mass of one of the partners is above the other partner's head.
- ✓ Overall mark given by the Adjudicators is calculated as the sum of marks for each parameter. The parameters, in order of importance, are as follows:

#### **SOLO:**

- ✓ The parameter **Dance Technique & Interpretation** is expressed by: execution of movements in accordance with music pace, execution of technical elements, movements and figures (position, elegance, timing, balance and body control) and use of the whole personal and general space with its horizontals, verticals and diagonals, dancer's ability to follow the rhythm and musical melody and express them through his/her body motion; an ability to apply adequate movements and technical elements in accordance with music as well as dancer's ability to smoothly continue his/her dance after 'stop' and 'pause'
- ✓ The parameter **Choreography** is expressed by: distribution of figures and movements in accordance with dance context and costumes;
- ✓ The parameter **Artistic Impression and Dance Concept** is expressed by: dancers' initial and final presentation (dancer's entry and exit from the dance-floor); originality of music piece, movement, gesture, emotions, costume and dance composition.

**DUO/COUPLE:**

- ✓ The parameter **Dance Technique, Interpretation & Synchronism** is expressed by: execution of movements in accordance with music pace, execution of technical elements, movements and figures (position, elegance, timing, balance and body control) and use of the whole personal and general space with its horizontals, verticals and diagonals, dancer's ability to follow the rhythm and musical melody and express them through his/her body motion; an ability to apply adequate movements and technical elements in accordance with music as well as dancer's ability to smoothly continue his/her dance after 'stop' and 'pause'. The parameter is also expressed by similarity of figures and body movements of both dancers (legs, shoulders and upper body) in elements performed simultaneously.
- ✓ The parameter **Choreography** is expressed by: distribution of figures and movements in accordance with dance context and costumes;
- ✓ The parameter **Artistic Impression and Dance Concept** is expressed by: dancers' initial and final presentation (dancers' entry and exit from the dance-floor); originality of music piece, movement, gesture, emotions, costume and dance composition.

**SMALL GROUP/FORMATION/PRODUCTION:**

- ✓ The parameter **Dance Technique, Interpretation & Synchronism** is expressed by: execution of movements in accordance with music pace, execution of technical elements, movements and figures (position, elegance, timing, balance and body control) and use of the whole personal and general space with its horizontals, verticals and diagonals, dancer's ability to follow the rhythm and musical melody and express them through his/her body motion; an ability to apply adequate movements and technical elements in accordance with music as well as dancer's ability to smoothly continue his/her dance after 'stop' and 'pause'. The parameter is also expressed by similarity of figures and body movements of dancers (legs, shoulders and upper body) in elements performed simultaneously.
- ✓ The parameter **Choreography** is expressed by: distribution of figures and movements in accordance with dance context and costumes
- ✓ The parameter **Artistic Impression and Dance Concept** is expressed by: dancers' initial and final presentation (dancers' entry and exit from the dance-floor); originality of music piece, movement, gesture, emotions, costume and dance composition.
- All dancers wearing vulgar and/or provocative costumes will be penalized. This rule applies to all categories with minor tolerance to the inferior ones.
- During Competition teachers, group leaders and team/club leaders are strictly prohibited to ask any explanations from the Adjudicators. All explanations, information or complaints may be discussed with the **Competition Director**, in accordance with the appropriate Competition Execution regulations.



## CONTEMPORARY & MODERN SOLO (Male – Female)

- Solo is an individual presentation by either a male or a female dancer.
- Each dancer can participate, during the same competition, in Contemporary and Modern and in Ballet & Neo Classic, but cannot participate in Jazz & Lyrical Jazz.
- In categories where there are less than three (3) dancers registered to perform female categories will be joined with male categories within the same age group, and vice versa, for example Mini Male --> Mini Female, Youth Male --> Youth Female etc.
- Duration of music pieces must be as follows:

### Own Music

#### Preliminaries – Semi-final - Final

- ✓ **MINI – YOUTH – JUNIOR – ADULT:** Track duration from **1':15"** to **1':30"**

### EXECUTION OF COMPETITION

- Depending on number of participants, each category would start from preliminaries, semi-finals or finals respectively.
- Preliminaries, semi-final and a final are held with only one (1) competitor performing on a dance floor at a time.
- Competition Director, whenever necessary, may apply modifications to the execution of the competition.

### CHARACTERISTICS AND MOVEMENTS

- It is expected that dancers build their choreography focusing on strong dance technique, interpretation, expressiveness and clear dance concept. The main evaluation criteria are: Dance Technique & Interpretation, Choreography, Artistic Impression and Dance Concept. The choreographed piece may be composed of one or more out of the techniques allowed.
- In order to present their choreographies, each dancer is expected to use the whole available space.

### EVALUATION

- ✓ **DANCE TECHNIQUE & INTERPRETATION** From Three (3) to Thirty (30) points
- ✓ **CHOREOGRAPHY** From Two (2) to Twenty (20) points
- ✓ **ARTISTIC IMPRESSION & DANCE CONCEPT** From One (1) to Ten (10) points

### PENALTIES

- ✓ **FALL** Five (5) points



## CONTEMPORARY & MODERN COUPLE (Male and Female)

- Contemporary & Modern Couple is composed of two (2) dancers where one (1) is a male and the other one is a female.
- Dancers will be allowed to perform also in Jazz & Lyrical Jazz Couple and Ballet & Neo Classic Couple.
- If dancers represent mixed age categories (eg. one is Youth and the other one is Junior), the couple must participate in the older category.
- Each dancer can participate in one or more Couple but in different age Category
- Mini dancers are allowed to partner up and dance with Youths, Youth dancers may partner up with either Minis or Juniors, Juniors may partner up with Youths or Adults and Adults may partner up with Juniors.
- Dancers may participate in several dance categories (eg. couples/duos etc).
- Duration of music pieces must be as follows:

### Own Music

#### Preliminaries - Semi-final - Final

- ✓ **MINI – YOUTH – JUNIOR – ADULT:** Track duration from 1':30" to 1':45"

### EXECUTION OF COMPETITION

- Depending on number of participants, each category would start from preliminaries, semi-final or a final respectively.
- Preliminaries, semi-final and a final are held with only one (1) couple performing on a dancefloor at a time.
- Competition Director, whenever necessary, may apply modifications to the execution of the competition.

### CHARACTERISTICS AND MOVEMENTS

- It is expected that dancers build their choreography focusing on strong dance technique, interpretation, expressiveness and clear dance concept. The main evaluation criteria are: Dance Technique, Interpretation & Synchronism, Choreography, Artistic Impression and Dance Concept. The choreographed piece may be composed of one or more out of the techniques allowed.
- In order to present their choreographies, each couple is expected to use the whole available space.
- Supports and lifts are not considered acrobatic and gymnastic elements and can be performed. **In Mini category dancers are not allowed to execute lifts and supports where the centre of body mass of one of the partners is above the other partner's head. Any irregularity in this respect will result in the Couple being classified in the last place.**

### EVALUATION

- ✓ **DANCE TECHNIQUE, INTERPRETATION & SYNCHRONISM** From Three (3) to Thirty (30) points
- ✓ **CHOREOGRAPHY** From Two (2) to Twenty (20) points
- ✓ **ARTISTIC IMPRESSION & DANCE CONCEPT** From One (1) to Ten (10) points

### PENALTIES

- ✓ **FALL** Five (5) points

## CONTEMPORARY & MODERN DUO

(Both males or both females)

- Dance Show Duo is composed of two (2) dancers where both of them are males or both of them are females
- Dancers will be allowed to perform also in Jazz & Lyrical Jazz Duo and Ballet & Neo Classic Duo.
- If dancers represent mixed age categories (eg. one is Youth and the other one is Junior), the duo must participate in the older category.
- Each dancer can participate in one or more Duo but in different age Category
- Mini dancers are allowed to partner up and dance with Youths, Youth dancers may partner up with either Minis or Juniors, Juniors may partner up with Youths or Adults and Adults may partner up with Juniors.
- Dancers may participate in several dance categories (eg. duos/couples etc).
- Duration of music pieces must be as follows:

### Own Music

#### Preliminaries - Semi-final - Final

- ✓ **MINI – YOUTH – JUNIOR – ADULT:** Track duration from 1':30" to 1':45"

### EXECUTION OF COMPETITION

- Depending on number of participants, each category would start from preliminaries, semi-final or final respectively.
- Preliminaries, semi-final and final are held with only one (1) duo performing on a dance floor at a time.
- Competition Director, whenever necessary, may apply modifications to the execution of the competition.

### CHARACTERISTICS AND MOVEMENTS

- It is expected that dancers build their choreography focusing on strong dance technique, interpretation, expressiveness and clear dance concept. The main evaluation criteria are: Dance Technique, Interpretation & Synchronism, Choreography, Artistic Impression and Dance Concept. The choreographed piece may be composed of one or more out of techniques allowed.
- In order to present their choreographies, each duo is expected to use the whole available space.
- Supports and lifts are not considered acrobatic and gymnastic elements and can be performed. **In Mini category dancers are not allowed to execute lifts and supports where the centre of body mass of one of the partners is above the other partner's head. Any irregularity in this respect will result in the Duo being classified in the last place.**

### EVALUATION

- ✓ **DANCE TECHNIQUE, INTERPRETATION & SYNCHRONISM** From Three (3) to Thirty (30) points
- ✓ **CHOREOGRAPHY** From Two (2) to Twenty (20) points
- ✓ **ARTISTIC IMPRESSION & DANCE CONCEPT** From One (1) to Ten (10) points

### PENALTIES

- ✓ **FALL** Five (5) points



## CONTEMPORARY & MODERN SMALL GROUP

(Between three (3) and seven (7) dancers)

- Contemporary & Modern Small Group is composed of a minimum number of three (3) and a maximum number of seven (7) dancers.
- Small Groups will be allowed to perform also in Jazz & Lyrical Jazz Small Group and Ballet & Neo Classic Small Group.
- Small Groups registered in Youth – Junior – Adult categories may include dancers from younger age groups.
- In the age category Mini there can be one (1) dancer who is ten (10) years old.
- All clubs are allowed to nominate more than one (1) choreographed piece in same category, so long as with different dancers.
- One or more dancers may be nominated and perform both in small groups, formations and production.
- **Dancers are allowed to be nominated and perform in one (1) or more small groups but only in different age division.**
- Duration of music pieces must be as follows:

### Preliminaries, Semi-final and Final (Own Music)

- ✓ **MINI – YOUTH – JUNIOR – ADULT: Track duration from 2':00" to 2':30"**

### EXECUTION OF COMPETITION

- Depending on number of participants, each category would start from preliminaries, semi-final or a final respectively.
- Preliminaries, semi-final and final are held with only one (1) small group performing on the dance floor at a time.
- Competition Director, whenever necessary, may apply modifications to the execution of the competition.

### CHARACTERISTICS AND MOVEMENTS

- It is expected that dancers build their choreography focusing on strong dance technique, interpretation, expressiveness and clear dance concept. The main evaluation criteria are: Dance Technique, Interpretation & Synchronism, Choreography, Artistic Impression and Dance Concept. The choreographed piece may be composed of one or more out of the techniques allowed.
- In order to present their choreographies, each Small Group is expected to use the whole available space.
- Supports and lifts are not considered acrobatic and gymnastic elements and can be performed. **In Mini category dancers are not allowed to execute lifts and supports where the centre of body mass of one of the partners is above the other partner's head. Any irregularity in this respect will result in the Small Group being classified in the last place.**

### EVALUATION

- ✓ **DANCE TECHNIQUE, INTERPRETATION & SYNCHRONISM** **From Three (3) to Thirty (30) points**
- ✓ **CHOREOGRAPHY** **From Two (2) to Twenty (20) points**
- ✓ **ARTISTIC IMPRESSION & DANCE CONCEPT** **From One (1) to Ten (10) points**

### PENALTIES

- ✓ **FALL** **Five (5) points**

## CONTEMPORARY & MODERN FORMATION

(Between eight (8) and twenty-four (24) dancers)

- Formation is composed of a minimum number of **eight (8)** and a maximum number of **twenty-four (24)** dancers.
- Formation be allowed to perform also in Jazz & Lyrical Jazz and Ballet & Neo Classic.
- Formation registered in Youth – Junior – Adult categories may include dancers from younger age group
- In the age category Mini there can be one (!) dancers who is ten (10) years old.
- All clubs are allowed to nominate more than one (1) choreographed piece in same category, so long as with different dancers.
- One or more dancers may be nominated and perform both in small groups, formation, production.
- **Dancers are allowed to be nominated and perform in one (1) or more formation but only in different age division.**
- Duration of music pieces must be as follows:  
**Preliminaries, Semi-final and Final (Own Music)**  
✓ **MINI – YOUTH – JUNIOR – ADULT:** Track duration from **2':30"** to **4':00"**

### EXECUTION OF COMPETITION

- Depending on number of participants, each category would start from preliminaries, semi-final or a final respectively.
- Preliminaries, semi-final and final are held with only one (1) formation performing on a dance floor at a time.
- Competition Director, whenever necessary, may apply modifications to the execution of the competition.

### CHARACTERISTICS AND MOVEMENTS

- It is expected that dancers build their choreography focusing on strong dance technique, interpretation, expressiveness and clear dance concept. The main evaluation criteria are: Dance Technique, Interpretation & Synchronism, Choreography, Artistic Impression and Dance Concept. The choreographed piece may be composed of one or more out of the techniques allowed.
- In order to present their choreographies, each Formation is expected to use the whole available space.
- Supports and lifts are not considered acrobatic and gymnastic elements and can be performed. **In Mini category dancers are not allowed to execute lifts and supports where the centre of body mass of one of the partners is above the other partner's head. Any irregularity in this respect will result in the Formation being classified in the last place.**

### EVALUATION

- ✓ **DANCE TECHNIQUE, INTERPRETATION & SYNCHRONISM** **From Three (3) to Thirty (30) points**
- ✓ **CHOREOGRAPHY** **From Two (2) to Twenty (20) points**
- ✓ **ARTISTIC IMPRESSION & DANCE CONCEPT** **From One (1) to Ten (10) points**

### PENALTIES

- ✓ **FALL** **Five (5) points**

## CONTEMPORARY & MODERN PRODUCTION

(More than twenty-four (24) dancers)

- Production is composed of more than **twenty-four (24)** dancers.
- Production will be allowed to perform also in Jazz & Lyrical Jazz and Ballet & Neo Classic.
- Production registered in Youth – Junior – Adult categories may include dancers from younger age groups.
- In the age category Mini there can be one (1) dancer who is ten (10) years old.
- All clubs are allowed to nominate more than one (1) choreographed piece in same category, so long as with different dancers.
- One or more dancers may be nominated and perform in small groups, formations, production.
- **Dancers are allowed to be nominated and perform in one (1) or more production but only in different age division.**
  
- Duration of music pieces must be as follows:  
**Preliminaries, Semi-final and Final (Own Music)**  
✓ **MINI – YOUTH – JUNIOR – ADULT:** Track duration from **3':00"** to **5':00"**

### EXECUTION OF COMPETITION

- Depending on number of participants, each category would start from preliminaries, semi-final or a final respectively.
- Preliminaries, semi-final and final are held with only one (1) production performing on the dance floor at a time.
- In the case when a production lacks its own music, Federation Music will be used.
- Competition Director, whenever necessary, may apply modifications to the execution of the competition.

### CHARACTERISTICS AND MOVEMENTS

- It is expected that dancers build their choreography focusing on strong dance technique, interpretation, expressiveness and clear dance concept. The main evaluation criteria are: Dance Technique, Interpretation & Synchronism, Choreography, Artistic Impression and Dance Concept. The choreographed piece may be composed of one or more out of the techniques allowed.
- In order to present their choreographies, each Production is expected to use the whole available space.
- Supports and lifts are not considered acrobatic and gymnastic elements and can be performed. **In Mini category dancers are not allowed to execute lifts and supports where the centre of body mass of one of the partners is above the other partner's head. Any irregularity in this respect will result in the Production being classified in the last place.**

### EVALUATION

- ✓ **DANCE TECHNIQUE, INTERPRETATION & SYNCHRONISM** **From Three (3) to Thirty (30) points**
- ✓ **CHOREOGRAPHY** **From Two (2) to Twenty (20) points**
- ✓ **ARTISTIC IMPRESSION & DANCE CONCEPT** **From One (1) to Ten (10) points**

### PENALTIES

- ✓ **FALL** **Five (5) points**